

the Wharf

wharf.co.uk



PAGES
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WIMBLEDON & DUSTED

Where to watch
Where to play
What to eat &
What to wear

FREE

JUNE 26, 2014



Inside



Working 9 to 5 and then some

Dolly Parton tells
us why she's back
on the road **P4**

WIN



Language lessons
by Rosetta Stone **P11**

PLUS

Your guide to the
Wharf's Summer
Screen events **P12**

DOCK DRAMA

Police divers find body in search for missing man

THE body of a young man was
pulled from the water at South
Quay on Thursday last week.

He was named on Tuesday as
Mamun Ahmed-Kabiri, 29, of
Prusian Street, Tower Hill, E1.

A man was seen entering the
water at South Quay Plaza the
night before (June 18) at around
10pm.

Police divers discovered the
body of a man at South Quay
the next day at around 10am.
They were not treating the
incident as suspicious.

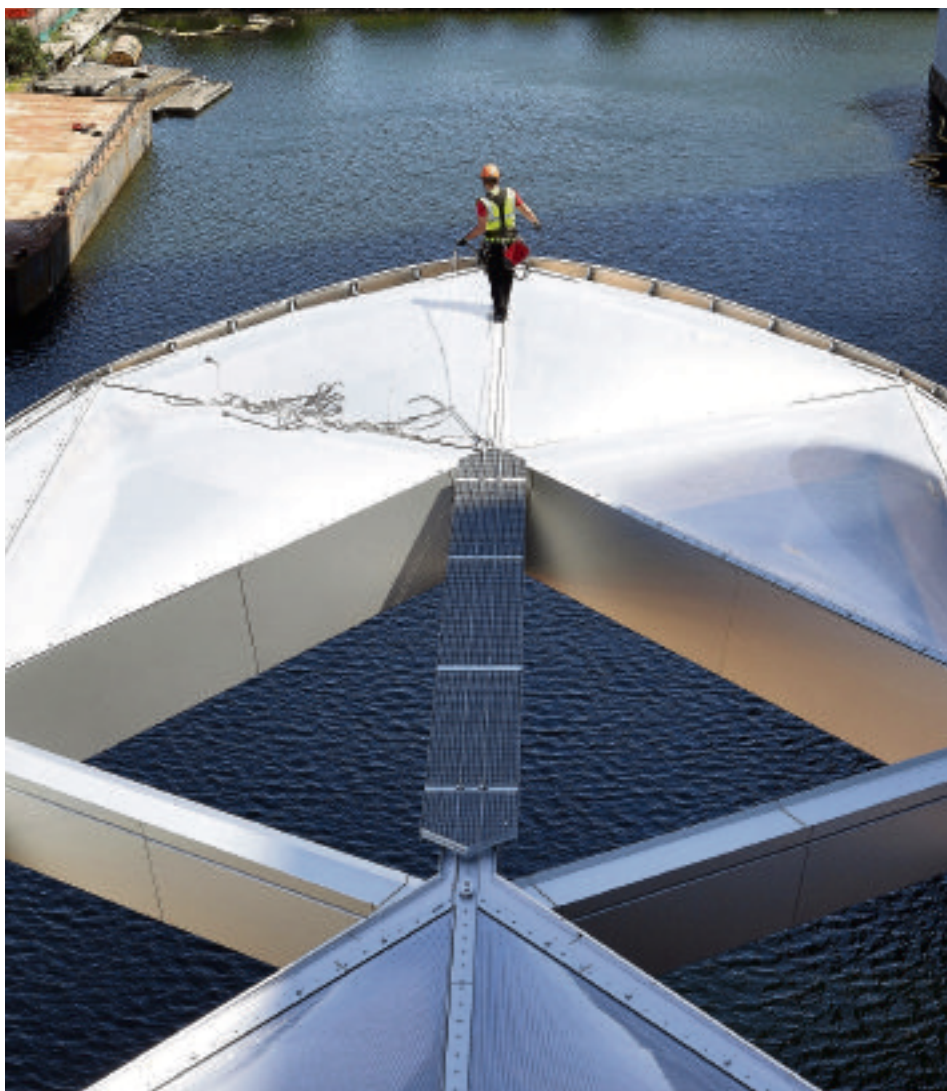


Divers search the area

A Metropolitan Police
spokesman said: "Officers,
including the Marine Police
Unit, and other emergency
services attended and following
reports that the male had not
re-surfaced, searched the water."

Poplar Coroners Court was
told he died from drowning.
A full inquest will be heard in
October.

Rachel Bishop



FINAL PIECE IN PLACE **PAGE 7**

SAVE £100 on tickets to Wired Money at Level39 + **NEWS** Westferry development worry



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WEATHER

22C TODAY
Cloudy

19C FRIDAY
Showers

20C SATURDAY
Thunderstorms

21C SUNDAY
Thunderstorms

21C MONDAY
Showers

TRAVEL

TUBE & DLR

DLR is fine. Jubilee line has no service between Finchley Road and Waterloo on Saturday and Sunday.

ROADS

No problems.

INSIDE

NEWS

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ESTABLISHED 1998

Agenda

There's a time for everything... late

Punctuality is the virtue of the bored," said Evelyn Waugh. And that was long before you had to deal with topping up your Oyster card, when all the machines are out of order and it's a Monday. Insightful man that Waugh.

I was born two weeks overdue and I've been trying to catch up ever since. You're either a late person, or you're one of those insufferably smug creatures that pop up at each appointment five minutes before they're due.

My partner is punctual. He believes arriving late is bad manners. I find it's the opposite. If you appear bang on

BLONDE'S EYE VIEW



ANGELA CLARKE

the dot for supper at mine I'm likely to run past you, clad only in magic knickers, curlers in hair, cursing.

Everyone knows "seven-thirty for eight" means eight o'clock. Otherwise why would you mention eight at all?

Prompt people may be self-satisfied, but they are also flawed. The tiniest hint of something standing in their fastidious way, and they go all John Cleese in *Clockwise*.

You know the odd bods who twitch when the Jubilee line stops between stations? Those are the on time people. Us latecomers are used to... well, being late.

We're relaxed. We savour the here

and now, we don't thrust ourselves forwards into our next destination. Besides we know those we're meeting probably won't be on time either. This is London, guys – nothing works. Chill.

Hence reports of a late passenger setting off the fire alarm at City Airport in a bid to catch their plane have it all wrong. A late person would be used to that pressure: they'd board the next flight. Been there, done that. The passenger that freaked out and caused a full-scale evacuation of the airport? That was a punctual one.

Follow Angela on Twitter:

@TheAngelaClarke

London Eye



REUTERS

Spectators stand on Court Four at the Wimbledon Tennis Championships

London gallery

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Andy Murray of Britain reacts after defeating David Goffin of Belgium in their men's singles tennis match at Wimbledon Tennis Championships



52

Food

How to toast Wimbledon the right way



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Fashion

How to court compliments the white way

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Health

Inspired? How to take your tennis forward



Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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SWEAT

IMAGE OF THE WEEK



A record number of entries from more than 50 countries have been submitted to the Royal Observatory, Greenwich, for the Astronomy Photographer Of The Year competition. Judge Dr Marek Kukula said: "I've been overwhelmed to see how the astrophotography community has come up with new and original ways to produce startling images year on year." The winning images will be shown at the Observatory from September 18 until 2015. Pictured is *Storm Force Aurora At Dunluce Castle* by Martina Gardiner. [View more images on our Facebook page](#)

NEWS IN BRIEF

Around Canary Wharf

CWG sells offices to consortium

CANARY WHARF Canary Wharf Group has sold 10 Upper Bank Street to a consortium from China and Qatar.

The deal, said to be worth £795million, will see the estate owners keep 10% interest in the property.

China Life Insurance will own 70% of the building while Qatar Holdings will have a 20% stake.

Currently 10 Upper Bank Street houses law firm Clifford Chance, with Mastercard and the FTSE Group among minority tenants.

Rousing finale for week of dancing

CANARY WHARF A week of dancing comes to a rousing finale at the weekend when Canary Wharf will be filled with the sound of clapping, clipping and tango.

Among the day-long festival, set across the estate, is The River, a large-scale promenade involving 100 dancers, Tango Duets in the Jubilee Place shopping mall and La Mirada Interior at Columbus Courtyard. [Go to canarywharf.com](#).

Mag man Ron profits from insider trading

PEOPLE

Big Issue seller thanks bank for weekly tenancy

Rachel.Bishop
@wharf.co.uk

A Big Issue seller has thanked Northern Trust for helping to get him off the street through his Thursday "tenancy" at the Canary Wharf offices.

Ron Heap has sold more than 1,000 copies over the past six months as part of the company's commitment to support the community.

He said: "Without it I couldn't pay the bills. Northern Trust let me in and people here have been really nice and they buy the magazine on a regular basis, which helps me hugely."

"I never used to claim for my state pension. It wasn't until somebody at Northern Trust gave me advice on claiming that I applied. That has helped



Ron Heap, left, with Northern Trust's Wilson Leech

me get my bedsit and changed my life.

"It's chalk and cheese selling to people on the street and in here. I do a 12 hour day on the street and if I sell 20 magazines I've had a really good day. I come in here for a couple of hours and sell 50 magazines."

Ron started selling the magazine at the Bank Street office in December when he went in to spend a day there to get out of the cold.

He said: "I always make sure I wear a tie when I come in here out of respect for the people here."

Big Issue vendors buy their magazines for £1.25 and sell them at £2.50, which is aimed at helping them to develop the skills required to run a micro-business.

"We are very proud to be helping vendors like Ron," said Northern Trust's Wilson Leech.

"Not only does his weekly spot support Ron in his sales, we're also supporting him to develop his employability skills and raise the profile of Big Issue vendors and the choices they make to elevate themselves out of poverty."

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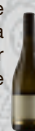
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Entertainment

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SURF 'N' TURF



Cody Simpson
June 30 – Indigo2

PARSON'S NOSE



Robbie Williams
July 8-12 – The O2

DARK MEAT



James Arthur
July 11 – Indigo2

Parton still works 9 to 5 and puts in the overtime

WHAT'S ON

Dolly Parton tells **Andy Welch** about her busy life, her music and her tour

Dolly Parton is less a singer, more a one-woman world-domination machine.

You'll most likely know her as a performer. You may have seen her in the odd film or two and you might know she owns her own theme park – called Dollywood.

On top of this, she's also a published author with several autobiographies, works of fiction and cookbooks to her name, including the brilliantly titled *Dolly's Dixie Fixin's: Love, Laughter And Lots Of Good Food*. She also co-founded Sandollar Productions with her former manager Sandy Gallin, which turned *Buffy* into a TV series.

She's sold more than 100million records worldwide and her Imagination Library distributes free books to pre-schoolers.

"I'm sure keeping very busy," she says. "I've dreamed myself into a corner, and now I have to be responsible for all of it," she says. "Whenever duty calls, I run."

Dolly Parton doesn't do whinging. At 68, she embodies the same girlish charm and bubbly persona as three decades ago.

After a few years tending to the rest of her empire, she's spent 2014 so far touring the world, playing in the States, Australia and New Zealand, promoting her new album *Blue Smoke*. She comes to The O2 for two nights tomorrow (Friday) and Saturday. Then Glastonbury.

"I've had a wonderful time playing this year, the crowds have been good each night, and I'm excited for the UK shows. We haven't been for three years or so, and we had such a great time then. I just want to recreate that."

Blue Smoke is Parton's 42nd studio album and comes a full 47 years after her debut, 1967's *Hello, I'm Dolly*.

On the album, there's a duet with Kenny Rogers called *You Can't Make Old Friends*. It doesn't reach the heights of their most famous singing



Dolly Parton on stage earlier in her UK tour

What do you hope for the UK gigs?

"We haven't been for three years or so, and we had such a great time then. I just want to recreate that."

Dolly Parton

Friends is very special. It speaks of true friendship and a lot of people will be able to relate to it. You can always meet new people but nothing is like having an old friend that you share memories with."

There are also a couple of covers; firstly Bob Dylan's *Don't Think Twice, It's All Right*, which she says she often sat around her house singing anyway, so thought it time to record a version, and perhaps more surprising is a cover of Bon Jovi's *Lay Your Hands On Me*.

"The first time I heard it, years ago, I was sure it was a gospel song. But then I got around to covering it and realised that no, it's not a gospel song, it means something quite different, but it should be and it could be a gospel song. It's one of my favourite songs on the album."

With that, talk turns to Glastonbury. Parton has been booked to play the so-called "Legend" slot on the festival's Sunday afternoon.

"I will try to bring some Nashville weather with me," she says. "I can't wait, though. I've played to that many people before – years ago with Linda Ronstadt and the Eagles – but never something as big as Glastonbury. And never on my own."

"I will be a little bit scared," she adds. "Well maybe not scared, but definitely nervous."

"But whatever the weather, or if I'm nervous, we're going to put on the best show. No matter what."

Dolly Parton plays The O2 on Friday and Saturday. Go to theo2.co.uk.

42

Studio albums
Dolly Parton has recorded

FACTFILE

■ Dolly Rebecca Parton was born in Tennessee, in the US, on January 19, 1946.

■ Her father was a tobacco farmer and her mother was a housewife. Dolly was the fourth of 12 children.

■ She was 13 when she began recording music under a small record label. Not long after, she met Johnny Cash,

who encouraged her to follow her dream of becoming a famous country singer.

■ She married her husband Carl Thomas Dean in 1966. He is very rarely seen publicly and Parton jokes that he has only ever seen her perform once.

■ She's godmother to controversial, young, American pop singer Miley Cyrus (pictured at The O2).



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DATA
SNAPSHOTS

KPMG / CBI survey



58%

Percentage of firms who said they believed east London, including Canary Wharf, the Royal Docks and Stratford, will be vital to the city's future economic growth

SHOREDITCH

THE CITY

OLD STREET

44% also considered these areas important areas for future growth

97%

The biggest worry for employers will be retaining key staff with 97% expecting this to be an issue over the coming years.

CONCERNS

Retaining best people	97%
Lack of skills	80%
Reduced demand	70%
Price increases	70%
Regulatory pressure	65%
Lack of growth	60%
Uncertainty over EU	46%
Property prices	40%
Lack of Govt strategy	35%



The **technology** and **creative** sectors in the capital are in rude health, and play a key role in the **burgeoning recovery**. There are some fantastic advocates in government and business for our **buzzing startup scene** but we need focused policies that help develop and encourage **education** in STEM (Science, Technology, Engineering and Maths) subjects, and **ease access to tech talent** on a global basis.

Richard Reid, London chairman of KPMG and the East London Business Alliance (ELBA)

Source: CBI/KPMG London Business Survey



Tardy flyer sounds alarm

LONDON City Airport was evacuated after a passenger running late attempted to delay their flight by setting off the fire alarm.

The passenger, who was due to travel to Frankfurt smashed the alarm in an attempt to gain access to the plane from another gate last week.

A City airport spokeswoman said: "A full evacuation was carried out. The source was quickly identified

and staff and passengers were able to re-enter the building around 15 minutes later.

"Lovely though Frankfurt is, the person who triggered the alarm will probably, with hindsight, wish they had taken it on the chin and re-booked as the matter was taken up by police."

The passenger was subsequently allowed to board another flight.

British Airways geared up for its busiest summer at London City Airport by holding a silent disco for travellers.

A thousand mini radios and earphones were given out by the Royal Docks Airport to get passengers in the holiday mood.

BA subsidiary CityFlyer has increased frequency to sunny holiday destinations such as Ibiza, Malaga and Palma, while also bringing in a trio of new Embraer 190 aircraft.

Fintech insiders meet to discuss the latest ideas

With 10% off tickets for Wharf readers

The great and the good of the fintech world will be converging on Canary Wharf next week.

Wired Money takes place on Tuesday at One Canada Square's Level39 startup space offering talks from a wide list of experts in the industry.

Greg Williams, executive editor of *Wired* magazine, which runs the event, said Level39 was ideally suited to the day-long show.

"Canary Wharf is symbolic of British finance," he said. "And Level 39 is a great space in terms of business growing and with its record for developing UK startups."

"It's also a good area for networking, meeting peers and discussing what they are doing. On top of that it offers terrific views of London."

Speakers this year include Brett King, co-founder of New York-based mobile banking startup Moven, Nick Hungerford, who formed investment company Nutmeg, and Danae Ringelmann, who joint founded crowdfunding platform Indiegogo. The agenda includes talks on redesigning financial institutions, the power of using analytics and online security risks.

Greg said: "It's a mixture of people who will attend but mainly it's entrepreneurs working in the fintech industry. These events are about a cross fertilisation of ideas."

Tickets, which cost £995 plus VAT, with discounts for startups and group bookings.

A 10% discount is available for *The Wharf* readers. Use promo code **WWWWHARF10** when booking online at wiredevent.co.uk/wired-money-2014.



Greg Williams

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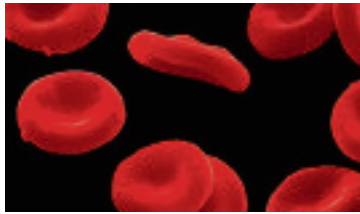
Briefing

Why we need more donors

Despite the percentage of **17-24**-year old blood donors in Tower Hamlets being higher than the national average, more younger participants are needed.

NHS Blood and Transplant has released the figures as part of a campaign to encourage more people across London to start giving blood. In Tower Hamlets there are **512** donors aged between 17-24. This is **17.5%** of those who donate blood in the borough compared to **14%** across the rest of England and Wales.

Young donors are crucial to ensuring there is a robust supply base for the



years to come and to protect the future stocks of blood.

Each year **200,000** new donors are required to attend a donation session to replace those who can no longer donate for health or other reasons. Some **2,916** have donated blood in Tower Hamlets over the past two years.

Jon Latham, assistant director for donor services and marketing at NHS Blood and Transplant, said: "We're issuing a call up for more donors to come forward because we know blood donation falls off the to-do list during hot weather and summer holidays as well as big public events like the World Cup."

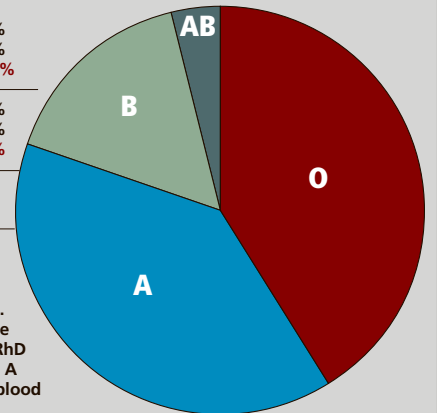


BLOOD TYPES

O+	37%	B+	8%
O-	7%	B-	2%
O	44%	B	10%
A+	35%	AB+	3%
A-	7%	AB-	1%
A	42%	AB	4%

Positive 83%
Negative 17%

Your blood group is defined by your ABO group together with your RhD group. For instance, someone who is group A and RhD negative is known as A negative. The rarest blood group is AB-



SOURCE: NHS BLOOD & TRANSPORT

TUES
1
JULY

Bishopsgate Institute
230 Bishopsgate
9.45am-11am & 12.30pm-4.15pm

WED
2
JULY

London Marriott Hotel,
West India Quay
9.45am-11am & 12.15pm-4.15pm

WED
9
JULY

East Wintergarden
43 Bank Street,
9.30am-11.30am & 1pm-4.15pm

MON
14
JULY

Bishopsgate Institute
230 Bishopsgate
9.45am-10.45am & 12.15pm-4.15pm

FRI
18
JULY

The Ecology Pavilion
Grove Road, Mile End,
1pm-3pm & 4.30pm-7.30pm

TUES
29
JULY

Bishopsgate Institute
230 Bishopsgate
9.45am-11am & 12.15pm-4.15pm
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“



A pint? That's very nearly an armful

Tony Hancock,
The Blood Donor
BBC June 23, 1961



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Cityscape

Final piece in place for giant jigsaw puzzle



The timber lattice roof above the Canary Wharf Crossrail station has been completed.

The final aluminium piece was placed on the Foster + Partners designed roof, marking the structural completion of the project which began in May 2009.

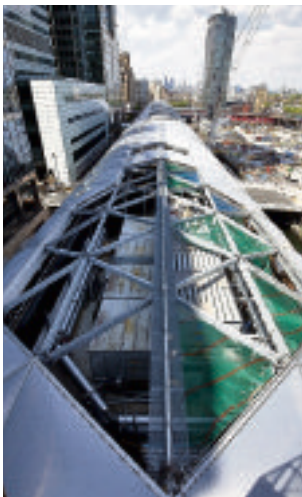
The roof will sit above a new roof garden and Canary Wharf Group's four storey, 115,000sq ft retail and leisure development including shops, restaurants, bars and a cinema.

The roof garden and first phase of the retail and leisure space will open in May next year, three years before trains run through the station.

Work began on the new station in May 2009 by creating a wide watertight dam in the waters of North Dock. The station box was then built top down, 28m below the water surface to create the ticket hall and platform levels.

256m

Length of station box that contains six storeys and 115,000sq ft of retail space



WHAT SHALL WE CALL IT?

Every key building has a nickname. So what about our Crossrail station?

1. The snakeskin



2. The penny whistle



3. The crocodile



Stadium must mean more to community than just football

LEGACY

Rachel Bishop
@wharf.co.uk

THE Olympic Stadium may be the new home of West Ham but that will reach only a small section of the community, the London Assembly has been told.

Efforts should be made to ensure the legacy benefits are felt by all residents, an investigation into the stadium's regeneration heard.

Gareth Bacon, chairman of the regeneration committee, said: "We want to ensure that all Londoners – and especially communities living nearby – benefit."

Antony Spencer from Stadium Capital Holdings, who was instrumental in building the Emirates Stadium, told the committee a large part of the positive affect a stadium was making the area more "sexy".



New role: The Olympic Stadium

He said: "When we were building the stadium so many people wanted to live near it. Also, [the council] wouldn't just let us build it – we had to bring a lot more to the community through the development."

"The regeneration in Islington never would have happened if the money didn't come from a big driver like Arsenal."

Chairwoman of Newlon Group

Sarah Ebanja, who was Islington Council's lead chief officer during the Emirates Stadium development, said: "We were clear with Arsenal from the very beginning that they had to provide those regenerations to the communities. There has to be a strong driver to make it work."

As well as hosting West Ham – who move there in 2016 – and athletics, the stadium will see one-off sporting spectacles, such as the Rugby World Cup as well as regular live music and community events.

Newham Council says the stadium will provide year-round access to the 400m community track; 10 exclusive mass participation events for Newham residents; millions of tickets to sporting events held in the stadium from 2016, and a majority of new jobs created on the site will be filled by Newham residents.

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Notebook

Guinea Pig Gate and the scandal of the unclaimed pet

I have become embroiled in Guinea Pig Gate. A few weeks back Master A came home from school saying that a boy in his class had offered to give him a guinea pig.

According to Master A, the classmate had successfully bred a litter of six guinea pigs (not personally, of course) and, although he was selling them for £10 each, he was happy to give one to my boy free.

Not particularly wanting to have domesticated vermin in the house I tried to sidetrack Master A by saying that if

we got a guinea pig he wouldn't be able to have a puppy.

(For the record Master A is never going to get a puppy but he thinks he is! I know! I'm a horrible mum.)

Naturally, he immediately stopped talking about guinea pigs, moving on to Dachshunds instead.

I was impressed by my diversionary tactics and felt certain we'd heard the end of guinea pigs.

On Tuesday morning, I received a text from the Guinea Pig boy's mum. It read: "Your son has informed W [her son] he

WORKING MUM



TABITHA RONSON

would like a baby guinea pig. We have one beautiful long-haired boy left. Let me know if you would like it."

Busy with work, I didn't immediately reply. Then with most things in my life, I completely forgot about the text.

I was reminded when I received another message from the mum a couple of hours later: "Please is there any news on the guinea pig situation? I would be grateful for a courteous response either way."

Guinea Pig situation! I admit I was in the wrong for not replying but I hardly

think my lack of response had caused a national crisis. This particular mum is another one who doesn't work, who has way too much time on her hands.

I texted back apologising for not replying sooner and declining the offer of the Guinea Pig.

Ping! The reply was instant: "W will be very disappointed. In future, please ask your son not to ask for a Guinea Pig he has no intention of buying!"

Working Mum, just pinching myself to see if I am conscious, to see if I am really caught up in this Guinea Pig debacle.

**New players:
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East End boys

A Welsh Choir performs *West End Girls* by the Pet Shop Boys at Shoreditch House to promote Festival No. 6 at Portmeirion in September

Charlie Whisky

People, places, things

★ People in London are the most likely to fall into debt due to overzealous social spending than people from any other region. 37% of the people surveyed by the Money Advice Service said the fear of looking stingy had driven them to overspend.

★ The BBC should do more to "provide an authentic portrayal" of modern Britain, according to trustee Diane Coyle who pointed out *EastEnders* was "almost twice" as white as the real east London. She was comparing the fictional E20 with the very real E17.

★ Actress **Rebecca Front**, 50, is not exactly cut out for places like Canary Wharf. She tells us she's terrified of lifts, Tube trains and tunnels. She says: "When I'm in a lift it's completely terrifying and I haven't used the Tube for over 20 years." She recounts her phobias in new book of anecdotes, *Curious*.



Dan digs deep to find answer to crossing woe

Architectural historian **Dan Cruickshank** held his audience spellbound as he gave a guided tour of the Thames to promote the Museum Of London Docklands' new exhibition *Bridge*.

The Spitalfields resident, pictured, recognised the irony – as pointed out to him by *The Wharf* – that the exhibition sits in east London, famous for its lack of bridges.



He said: "It is true. That is exactly why Tower Bridge was built 120 years ago. It was the great eastern crossing to capitalise on the fact that the docks had been created around the Isle of Dogs.

"The problem there was to ensure that ships could get to the pool of London. Vast amounts of shipping was coming from the empire and to build a bridge high enough and wide enough was a technical issue. Tunnels were the solution then and that remains the case."

What's On / Page 13

POLITICAL VIEWPOINT

By Cllr Peter Golds

A scandalous way to silence any criticism

Way back in 1908, Parliament legislated to ensure that the press were permitted to attend meetings of local authorities. In February 1960 came the Public Bodies (Admission Of Press) Bill. This was unusual in that it was introduced by a backbench MP in a maiden speech.

As the member said in her opening remarks: "I know that the constituency of Finchley would not wish me to do other than come straight to the point."

Coming to the point became a hallmark of Mrs Thatcher, the member concerned, for the next 30 years. During this maiden speech, Mrs Thatcher said: "Publicity is the greatest and



A journalist was frogmarched from the council chamber

most effective check against any arbitrary action."

We are rightly proud of the freedom of the press to report on and criticise, elected and public bodies in this country.

Sadly under the current administration, the symbolic press table was removed from the Tower Hamlets Council chamber in 2011, making the work of journalists more difficult.

Scandalously, at the annual council meeting, a council officer had a well-known journalist frogmarched from the council chamber.

The day before writing this, the Chinese Prime Minister answered unsolicited questions at a press conference in London. Yet a short distance down the road in east London is an administration that avoids questions from the press, except under controlled circumstances.

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Anthony Registe



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Q&A

Blake Harrison
ACTOR

New movie *Keeping Rosy* stars Maxine Peake and focuses on the troubles of a Canary Wharf career woman. We speak to co-star **Blake Harrison** about his involvement.

■ What's *Keeping Rosy* about?

It's an intense psychological thriller. Maxine Peake takes the lead, Charlotte, who seems to have everything you could ever want – a great job, loads of money and a penthouse in Canary Wharf. She makes a big mistake and then has to fight to claw her life back, and starts to re-evaluate and take stock of what she's done.

■ And what about the character you play?

I play Roger, who is, I suppose, the complete opposite to Charlotte. He doesn't have money and has no pride in his job. He works as a security guard, watching CCTV footage to make sure these very posh flats are running smoothly.

He stumbles across some incriminating footage of Charlotte that gives him an opportunity to get his hands on some money. He's a much darker character than you first think.



■ It sounds like a departure for you. Was that intentional?

I've been lucky enough to do bits of theatre that have been in a similar vein, but in terms of film and TV it's a massive departure and that's something I'm interested in doing more of. Comedy is something I just fell into – *Inbetweeners* was the first job I got.

■ How did you get the role?

It was mainly the script that sold it to me. I was in LA doing pilot season, constantly reading loads of scripts, and this came through, this really small, independent British film, and it was the best thing I read while I was out there.

I loved it, it's got lots of twists and turns and it never quite goes where the audience expects it to go.

■ Working with Maxine Peake must have been great.

She's just a really lovely woman and an incredibly talented actress.

To use a silly phrase, she really "brings it"; she's on the ball as soon as the day starts, she wants to smash it out and she brings a lot of energy. As an actor working opposite her, you want to try and match that.

What's On / Page 14

Win a 12-month language course with Rosetta Stone

To enter, go to
wharf.co.uk

Summer's approaching fast, and with it come countless plans of holidays to help Brits escape the country for sunnier climes.

However, one familiar stumbling block encountered by many people is the issue of learning the local language – and often, phrasebooks simply don't cut the mustard.

That's why *The Wharf* has partnered with the world-famous Rosetta Stone, developers of the globe's leading language-teaching software, to offer a special prize in our latest competition.

One lucky winner will be given a 12-month online subscription to

Rosetta Stone's fantastic suite of software, worth £240, that not only makes learning a language fun – it also may be a lot easier than you think.

What's more, the winner will be able to pick the language they want from a whopping list of 24 available. So if you need French or Spanish for a trip to Europe or South America, or you fancy brushing up on Vietnamese or Hindi for an altogether more exotic adventure, this will be the perfect prize for you.

Described as the "next best thing to living in a country" by the Wall

Street Journal, there's no doubt that Rosetta Stone's online subscription service is indispensable to anyone wanting to learn a new language.

For the chance to win this great prize, simply answer the following question: How many different languages does Rosetta Stone's courses cover?

To enter and for terms and conditions, go to wharf.co.uk and click on the competitions link.

The closing date for entries is Wednesday, July 2.



How will we cope with 3,000 people?

PLANNING

Residents worried as 900-home scheme will put a greater strain on resources

Rob Virtue
@wharf.co.uk

Fears have been raised of an Isle of Dogs' population crunch as the number of people living around Canary Wharf is likely to increase by 150% in the next decade.

The proposals, by the developer of the vacant Westferry Printworks site, are the latest to concern residents, who have set up a Facebook page to air their anxieties.

They say the 900-home scheme, rising to 20 storeys, as well as a host of other proposed new builds in the pipeline, will put the Island at breaking point.

Isle of Dogs resident Aaron Sequerah said: "The people on the Isle of Dogs



need to be told what's going on. "The big issue is infrastructure and whether developments like these will impact on living standards for those on the Island.

"Broadband, which many people take for granted, is OK here now after a big campaign, but what happens when 3,000 more people turn up?

"And the water and sewage systems, are they going to be upgraded? As for the roads there are only two ways off the Island. There are already many jams and there's real issues just catching a bus at peak times."

Aaron said he went to the exhibition at Docklands Sailing And Watersports Centre earlier this month and set up the Facebook page after a lack of answers.

Northern & Shell Investments



Artist's view of the Westferry development. Inset: Aaron Sequerah

is behind the scheme, which also includes a secondary school.

"When I was asking questions about the impacts [the representatives] said they were the architects, so we need the right people to give us answers," said Aaron.

Councillor for the Canary Wharf ward Andrew Wood said he would be meeting with developers next week and would seek answers to a range of issues including the impact of reduced wind on boats in the Docklands Sailing Centre. There are also concerns over

whether the number of homes would increase from a planned 900.

He said: "The proposed population increase for the Canary Wharf ward from 12,500 to 32,420 in less than 10 years is a 159% increase.

"In the last few months we have had numerous development proposals come forward. Congestion is a big issue for the Island as Westferry Road is full with vehicles. Meanwhile, the Jubilee and DLR lines are full."

No-one from the developer was available for comment.

NEWS IN BRIEF

Around east London

Man, 71, punched in mystery attack

NEWHAM A 71-YEAR-OLD man was punched and kicked in the face in an unprovoked assault in Newham. The attack happened in Grangewood Street, E6, on Friday morning.

Det Sgt Dean Musgrove from Newham CID said: "This was a vicious random unprovoked attack on an elderly gentleman causing significant injuries."

Plans unveiled for double tower

ISLE OF DOGS Plans are set to be unveiled for a 240 apartment development on Marsh Wall.

Daejan (FHN 1998) is holding a public exhibition in Lanterns Studio Theatre at 3 Millharbour on the Isle of Dogs on July 2.

The scheme, 54 Marsh Wall, will see two linked towers of 29 and 39 storeys built.

Whittard opens up for a brew

CANARY WHARF Whittard of Chelsea, the tea specialist, opened its doors in its new location in the Canada Square Mall on Wednesday.

The shop will be selling a range of luxury blends.



WIN
dinner
and a
movie

Page 61

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What's On

8

Summer Screen highlights



■ Canary Wharf Summer Screenings of sports, films and news have returned to Canada Square Park.
■ They will feature Wimbledon, the Open Golf Championships and the BBC's coverage of the anniversary of the outbreak of the First World War. Go to canarywharf.com.



1. Wimbledon June 23-July 6

It's not going to beat last year's championships – even if Andy Murray does it again. He's third seed behind Novak Djokovic and Rafa Nadal. Serena Williams is the No.1 seeded woman with Li Na and Simon Halep following.



2. British Grand Prix July 4-6

The Silverstone track is known among the drivers as "insanely fast" and is the opener in a summer of Formula One action on the big screen. Germany comes from July 18-20 and Hungary from July 25-27.

3. Scottish Open Golf July 10-13

A classic links course at the Royal Aberdeen Golf Club plays host to the Scottish Open. At the age of 56, Sir Nick Faldo lines up at the first tee more out of curiosity, he says, than expectation of his first victory since 1997.



4. La Boheme July 15, 7.30pm

Across London, Puccini's opera *La Boheme* will be screened telling a powerful and tragic love story in 19th century France live from Covent Garden. A screening of *Rigoletto* can be seen in Woolwich on September 17.



5. British Open golf July 18-20

Last time the British Open was held at Hoylake, in 2006, Tiger Woods won. Now he's in a major battle to get himself fit for this year's event after a back operation 11 weeks ago. He said his recovery was "tedious".



6. Prom concerts From July 18

The Proms, broadcast by the BBC from the Royal Albert Hall is the largest classical music festival in the world and is steeped in traditions that go far beyond the traditional patriotic last night.

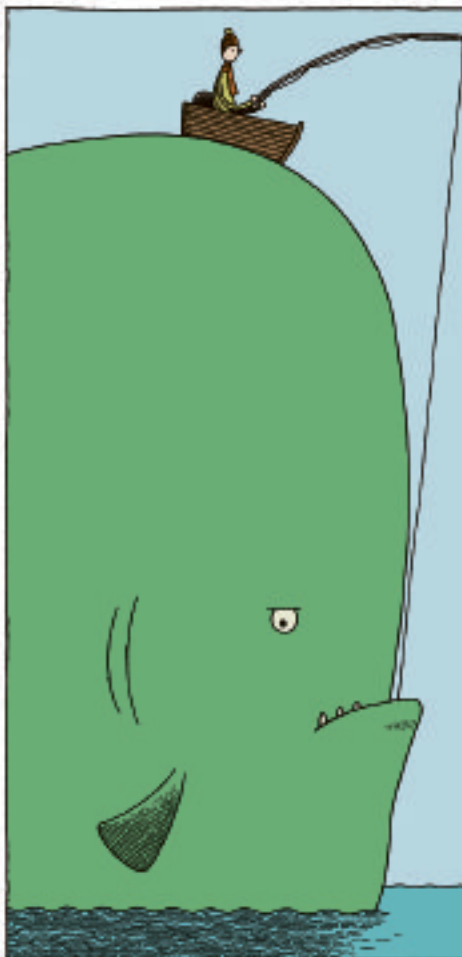
7. Commonwealth Games July 23-Aug 3

The Queen's Baton Relay paid a visit to Queen Elizabeth Olympic Park recently, a nod to a successful sporting spectacle. Glasgow will be hoping to recreate the spirit – and success – among this world-class field.



8. WW1 anniversary August 4

One of the most poignant ceremonies will be broadcast live from the evocative setting of St Symphorien Military Cemetery located in Mons, Belgium, the final resting place for British and German soldiers.



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What's On

7 days ahead

Highlights of the week



GIG

Once In A Lifetime
The O2

★ Beware an influx of women in their 40s reliving their youths and generally letting it all hang out for their pop idols.

For The Osmonds, David Essex, Showaddywaddy and Les McKeown's Legendary Bay City Rollers are in town. The mix n match groupings may be tattered but the hits are genuine.

June 26, The O2, £52.50, 8pm, theo2.co.uk.

PHOTOGRAPHY

Triple Exposure
Forman's Smokehouse Gallery

★ A series of photographic works from celebrated artists John Thornton, John Stoddart and Alistair Morrison will be on display at the Forman's Smokehouse Gallery from tomorrow (June 27).

A spokesman said: "Triple Exposure celebrates the diversity of photography spanning 40 years, exploring subject matter from celebrity stardom to the surreal."

June 27-July 31, Forman's Smokehouse Gallery, Fish Island, smokehousegallery.org.



COMEDY

Monty Python
The O2

★ Parrots will die and general spoofery will prevail as, for the last time, Monty Python come together to relive some classic sketches.

John Cleese said: "The response to our reunion has been very, very silly. But, we're all touched that so many fans still want to see such old people perform."
Various dates July 1-20, The O2, £32.50-£106.75, theo2.co.uk.

Bridges represent more than acts of engineering



Sleep Walk Sleep Talk: Film Still No. 0022 by Suki Chan taken from a vantage point about London Bridge

EXHIBITION

Giles Broadbent
wharf.co.uk

The story of London is the story of river conquests. From the first Roman pontoons, through the congested first London Bridge to the gothic splendour of Tower Bridge and onward to the prospect of a new Garden Bridge, these crossings are a reflection of a people and their times that carry more significance than mere engineering.

The bridges respond to the capital and, in turn the capital responds to the bridges. A major new exhibition at the Museum of London Docklands – its largest ever – aims to reflect how artists have captured the crossings from the very earliest photographs

through paintings, prints, drawings, and etchings to sound and film.

Talking to guests on a Thames Clipper in the build-up to the exhibition, architectural historian Dan Cruickshank said: "Bridges of the 1200s were so daunting and so dramatic that they were regarded as acts of creation, they were acts only undertaken with God's blessing. The first London Bridge was essentially designed by a team of clerics."

"They remain in our imagination sacred and strange, audacious intervention and they have a very powerful quality – they are bold feats of engineering that challenge nature."

"The tops of bridges are full of light and life with people bustling

about their daily lives, and below the bridges they're strange and dark and melancholic. It gives them such an emotional appeal. Things of life, and things of death."

Museum of London director Sharon Ament said: "London's bridges are multifaceted in their form and function."

"They are among the city's most compelling designs. Yet bridges are also crucial to the way in which people move about the city and offer unique vantage points for seeing – and feeling – the capital."

"Bridge will celebrate the many different aspects of London's bridges through the eyes of some of the capital's most exciting artists and photographers, past and present."
From June 27, Museum of London Docklands, West India Quay, FREE, museumoflondon.org.uk.

3 of a kind

Industrial heritage



1 Wonderland, Hampstead Theatre

Beth Steel's drama takes a look at the clashing ideologies during the Miners' Strike of 1984 with the contrasting outlooks of two young Midland miners and the seat of power in London where their fate will be decided.

Go to hampsteadtheatre.com.

2 Brunel Museum, Rotherhithe

The new Thames Tunnel has opened beneath North Woolwich. The original, opened in 1843 by Isambard Kingdom Brunel between Wapping and Rotherhithe was the first of its kind in the world and is still in use. A small museum at the Rotherhithe Shaft tells the story.
Go to brunel-museum.org.uk.



3 London Museum Of Water And Steam, Kew

This newly-rebranded museum holds a range of working steam engines including an 1820 Boulton and Watt, and an 1846 engine that is the largest working beam engine in the country.
Go to waterandsteam.org.uk.

FURTHER AFIELD



★ Tom Stoppard's Oscar-winning film about the young playwright – **Shakespeare In Love** – comes to the stage, from July 2. Reconfigured for the Noel Coward by Lee Hall, the play will recreate the rough and tumble of Elizabethan London.
Go to shakespeareinlove.com.

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What's On

Celebration fit for a king

SCREEN

Film shot entirely in Greenwich is remastered to mark Henry VIII's birthday

Rachel Bishop
@wharf.co.uk

A "Tudor Whodunnit" looking at one day in the final year of Henry VIII's life has been remastered and released on DVD ahead of the king's 523rd birthday.

Monarch is the only film about Henry VIII, entirely shot in his birth town of Greenwich. It was created nearly 20 years ago.

Director John Walsh talks about the new version, ahead of Henry's birthday (June 28, 1491) and how filming the piece in Greenwich all the way back in 1996 was.

■ How did you come up with the idea?

I was always aware that the monarchy sits at the very centre of our identity as a nation. Our Queen has become the benchmark for a monarch the world over.

I have been interested in historical dramas and political intrigue. But I felt there was another way to tell the story of our most infamous king that didn't require it being a grand scale spread across his lifetime.

Here I had Henry VIII trapped in an abandoned manor house after falling from his horse, or perhaps he was pushed. What unfolds is a Tudor whodunnit.

■ How does Greenwich feature in the film?

Set during one night in an almost



John Walsh, left, with Jean Marsh and TP McKenna, above

empty manor house, my film about Henry VIII needed a credible place for the action to take place.

Charlton House was the ideal setting for what would be the film that set my career in the right path. It is a Jacobean

manor house, so we had our work cut out dressing it to resemble the time period of Henry VIII.

We worked with local business and employed lots of local people in technical roles. This story is closer to

the truth than any of the Hollywood epic retellings – Henry was born in Greenwich himself. I hope the big man himself would approve.

■ What do you hope the re-mastered version will bring people?

Some films, like *Monarch* are still out there to be found. Perhaps they have been mislabelled or are in a vast vault that has not been checked for years.

Either way the HD processing of my film will "future-protect" it and will give today's audiences the chance to see the wonderful performance of Jean Marsh (Henry's ex-wives) and the towering presence of TP McKenna (Henry VIII), regarded as one of the greats of his generation and rightly so in one of his most outstanding performances.

Go to monarchfilm.com.

SCREEN

Chef

(15) 114mins



Written and directed by Jon Favreau, this uplifting confection works to a tried and tested recipe of triumph against adversity, and taps into the rising popularity of food trucks as a lunchtime hang-out for famished American office workers.

After Carl Casper (Favreau) takes on a food critic and loses, he quits and decides to reconnect with his roots and family. He takes on a worn-out vehicle and rediscovers his love of cooking in this gem that stars Sofia Vergara and Scarlett Johansson.

★★★★☆

SCREEN

Walking On Sunshine

(12A) 97mins



Cast in a similar mould to *Mamma Mia!*, *Walking On Sunshine* is a feel good summer musical that brings together colourful characters for a wedding to a soundtrack of some of the greatest hits of the '80s.

Maddie (Annabel Scholey) enjoys a whirlwind romance with a handsome beau called Raphael. She invites her sister Taylor (Hannah Arterton) to Italy to break the news about the impending nuptials. But Raf just happens to be the holiday romance she has always loved.

★★★☆☆

SCREEN

Cold In July

(15) 110mins



Cold In July is a gripping thriller about a family man, who is unwittingly drawn into a deadly conspiracy after an uncharacteristic act of violence.

Expertly constructed by writer-director Jim Mickle, who co-wrote the script with Nick Damici, it's a grimy and blood-spattered portrait of the secrets and lies that fester in small communities, and the lengths a good man must go to protect his family. Dexter's Michael C Hall is on the other side of the horror this time.

★★★★☆

SCREEN

Keeping Rosy

(15) 93mins



Charlotte (Maxine Peake) has a Canary Wharf apartment and an expensive car – perks of a life devoted to the media agency, where she works.

After a row at work she gets into an argument with her cleaner Maya. A fight ensues and Charlotte accidentally kills Maya. In panic, she attempts to smuggle Maya's lifeless body out of the apartment block but she must avoid catching the attention of the building's creepy security guard, Roger (Blake Harrison).

★★★☆☆

GOING MOBILE



MUSIC

Ultraviolence

Lana Del Rey

★★★★☆

Lana Del Rey is back with her second studio album and the New York-born singer continues in the same vein as *Born To Die*.

The production is straight out of a David Lynch movie with twangy guitars and triphop beats and the atmosphere is as hazy as a hot summer afternoon, with an certain underlying menace.

The whole feel and pace remains the same throughout, which can become soporific. A fine album if you are expecting more of the same from the 27-year-old but a sense of progress would not have gone amiss too. LA



APP

Spinlister

Free on iTunes, Google Play

★★★★☆

Find yourself two wheels to ride in one of a growing number of cities with this nifty new app. It allows users to rent out bikes from normal people, rather than through a company.

This "share economy" powered idea is certainly cheaper than renting a bike using other methods, and sociable too.



E-BOOK

The Farm

Tom Rob Smith (Simon & Schuster)

★★★★☆

Tom Rob Smith's contribution to the Scandi noir canon is born of authenticity. His mother was Swedish although not, one presumes, the model for Tilde who turns up on his son's London doorstep one day with a story straight from the dark heart of that troll-ridden country.

His father, Chris, phones Daniel to warn him that his mother has gone quite mad and should be sectioned.

Meanwhile his mother begs him to ignore his father, listen to her story and judge for himself. She has a few hours before Chris lands in London.

A perfect Tube read – slick, compelling, intriguing and served up in neat chunks. GB

Advertisement Feature

Meet and Drink

We talk to local chefs and bartenders to find out what will be tickling your taste buds this Summer.



TIM TOLLEY

Pearson Room Chef

Tell us about the restaurant:

We create a laid back and casual dining experience. You can have your breakfast at 11:30 or grab a hotdog and beer at 4:30. We cater to the busy lifestyle of Canary Wharf with quick, tasty simple food.

What should our readers know about you?

All of our chefs have taken classes on health and fitness as we have recently developed a take away fitness food menu. We have weighed and calculated the calories in each dish so that you can stay healthy on the move, you can phone or email your order in and pick it up within 30mins. With items such as steamed fish, broccoli and brown rice at 592 calories. We have also put a lot of hard work into our new menu, we even went through 3 or 4 different types of burger bun before we found the perfect one.

What plans do you have for the future?

We are looking to update our menu at the end of June with such dishes as fresh cerviche and pork sliders. We are also looking to do themed nights such as Turkish nights in the near future, with dancers and an array of Turkish food. It will be a feast for the eyes and taste buds.

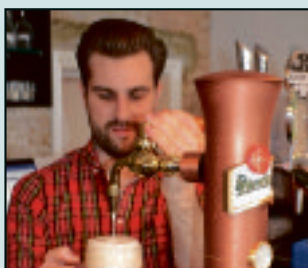
What are your favourite dishes to cook and eat respectively and why?

The grilled hanger steak with kimchi fried rice and the seafood chowder are my favourites, I could eat them every day. We bake our bread fresh on premises and we get fresh fish delivered every day from a local supplier, the freshness makes all the difference. I really enjoy healthy comfort food and American classics.

Is there anything else you would like to tell us?

We like to listen to our customers and give them what they want, we are looking to make some exciting changes at the end of June. We want to reflect what the people in Canary Wharf want.

Pearson Room
2nd Floor, 16-19 Canada Square, Canary Wharf,
E14 5ER
020 7970 0920
www.pearsonroom.co.uk



GEORGE ROLL

Strongroom Bar & Kitchen Bartender

Tell us about the bar:

The bar is a split level multi functional suite. We offer food & drinks at various times of day, and for all kinds of different occasions. We can also cater for events of different sizes, with different areas which can be reserved for various reasons such as birthdays & conferencing. Another thing is the massive outdoor courtyard area we have which is great for those who want to enjoy a drink in the sun. There is also a newly installed bar that can accommodate business meetings, presentations, etc...

What should our readers know about you?

We've just opened a brand new bar extension that has helped add an extra dimension to our bar. And as we mentioned we have created an outside bar which is perfect for this time of year!

What plans do you have for the future?

We are looking to develop upon our food sales, we want to really expand on what we offer to those eating here. We also want to build on the events that we host, so that we have something for everyone to enjoy and for all kind of occasions. Lastly we are looking at how we can develop the brand as a whole so that we will be able to take it the next level in the future.

What is your favourite drink and why?

Here at Strongroom, we love the Pilsner Urquell Tank Beer. It's an unfiltered brew direct from Czech Republic with a great refreshing taste. It's a fantastic drink for those who love to try new beers!

Is there anything else you would like to tell us?

Join our mailing list to keep up-to-date with latest developments here at Strongroom Bar & Kitchen!

Strongroom Bar & Kitchen
120-124 Curtain Road, Shoreditch, EC2A 3SQ
020 7426 5103
www.strongroombar.com



LEE BAKER

28 West Chef

Tell us about the restaurant:

We are the new kids on the block, we serve up good American classics with some sophistication thrown in. We are continually looking to bring great new dishes to the menu. We are located on the river at Westferry Circus, where we have a large terrace so you can sit back, relax and enjoy the view.

What should our readers know about you?

At the moment we are still hashing out the menu, we are trying to find the perfect combination of dishes to offer. We are an independent company so we can take our time with things like this. We can try things out and if they don't work we can take our time and get it right. We might be off the beaten track but we go that extra mile, we treat all our customers as if they are coming into our home.

What plans do you have for the future?

We have just acquired a retro Adams family pin ball machine and will be investing in a lot more retro items. Look out for our popcorn machine coming soon. We will be trying out lots of different gourmet flavour combinations.

What are your favourite dishes to cook and eat respectively and why?

My absolute favourite has to be the scallops with chorizo, carrot and coriander. It is a great combination of flavours. It is a unique take on a staple dish, it isn't a combination I have seen anywhere before but it really works.

Is there anything else you would like to tell us?

Our Tomahawk steak is our new special, it is a 28 day aged pure Aberdeen Angus rib eye steak. The difference is that this cut still has the bone and weighs in at 1.2 kilos, its a bit different from your run of the mill chateaubriand, if you want to try it out you do need to order two days in advance. We have just finished producing our own sausage for our new hot dogs, it is our own unique recipe made in Greenwich.

28 West Bar & Grill
28 Westferry Circus, Canary Wharf, E14 8RR
020 3757 6664
www.28-west.co.uk
reservations@28-west.co.uk



KAREN MHITARJAN

28 West Bartender

Tell us about the bar:

We are bringing a bit of Shoreditch to Canary Wharf. This is the place to be if you want to party or just relax with a drink. We focus on craft beers and cocktails, something for the ladies and something for the lads.

What should our readers know about you?

We serve craft bottle beers and craft pale ale, we change these with the seasons. At the moment we have a fantastic fruit beer, perfect for the hot days of summer. Also we have just updated our mojitos, served large in a jam jar.

What plans do you have for the future?

We work together as a team, so we all have an input into our drinks menu. Currently we are in the process of re-inventing the old classics and working on some signature drinks. We have two speciality cocktails to get everyone in the Wimbledon spirit, we have an alcoholic strawberry milkshake and a refreshing Rose lemonade and gin cocktail.

What is your favourite drink and why?

My personal favourite is an 'old fashioned' its a great cocktail that is to be sipped slowly and appreciated. It is all about the quality of the whisky, simple and refined. Hopefully this will squeeze its way into our drinks menu soon.

Is there anything else you would like to tell us?

The whole bar team is involved with creating our drinks, so if there is anything you would like to see on the menu let us know. We like customer feedback, we want to give you what you want so just let us know.

28 West Bar & Grill
28 Westferry Circus, Canary Wharf, E14 8RR
020 3757 6664
www.28-west.co.uk
reservations@28-west.co.uk



MICHAEL BUBEN

98 Bar & Lounge Bartender

Tell us about the Bar:

We opened to the public three and a half years ago. Kath Morrell designed the interiors of the bar. She has created a 'Kid in a candy shop' feel, with the bright colours and playful decor. We are the place you come to after a hard days work to be transported to a different world, its a brief relief from the outside world.

What should our readers know about you?

98 Bar and Lounge is about honest infusions. Unlike other bars we mix our own alcohol infusions. Instead of using sugar syrups we use vodka infused with rosebuds, herbs and spices, Gin with earl grey and Rum with cinnamon. It makes the cocktails taste how they should, the true art of mixology.

What plans do you have for the future?

Meet, Match and Mix is an event where 10 single girls and guys take part in a mixology class and make cocktails with different partners whilst having a laugh. If someone happens to catch your eye, you can grab a drink in the bar afterward. We will be introducing Latino dance classes in July, live music and our Kitchen will be open soon too.

What is your favourite drink and why?

'Off with the Clouds' is the cocktail that represents us. Candy floss is placed in the glass, a blue liquor is then poured and this melts the candyfloss to reveal a glowing orange. It is a metaphor for how we are the sun behind your stressful clouds, let us melt your stresses away. Also our 'Hard shake' is a favourite with avocado, rum and pink peppercorns.

Is there anything else you would like to tell us?

Our head Bartender Michael Buben, who composed most of our cocktail menu came 3rd in the Galvin cup. This is THE cocktail competition in the UK, he has done 98 Bar and lounge proud, so if you want to make cocktails like him, get down to one of our mixology classes and he will show you how it is done.

98 Bar & Lounge
Morrell House,
98 Curtain Road, Shoreditch, EC2A 3AF
020 7729 4141
www.nineteight-bar-lounge.co.uk



Food



COOK WITH CJ JACKSON

Seafood tempura with dipping sauce

Looking for a light starter that still has the wow factor? Why not plate this up at a dinner party?
Serves 4

Ingredients

16 tiger prawns, peeled and de-veined
2 squid, prepared, scored and cut into strips
8 scallops, roe removed
100g samphire, blanched

For the batter

100g plain flour
100g cornflour
4 egg whites
300ml sparkling water
pinch of salt

For the dipping sauce

1 tbsp sesame oil
2 tbsps red wine vinegar
2 tbsps soy sauce
3 tbsps mirin
2 tsp pickled ginger, finely chopped
2 tbsps clear honey

Method

Heat a deep-fat fryer or pan of oil to 190C. When the oil is nearly up to temperature, whisk together the ingre-



Why not serve the deep fried delicacies on a piece of wood?

dients for the batter. Dip the seafood and samphire into the batter and deep-fry. The batter should be golden-brown and the seafood and samphire cooked through. Make the dipping sauce by

mixing together the ingredients in a small bowl. Drain the seafood and samphire on absorbent kitchen paper and serve with the dipping sauce and chopsticks.

CJ Jackson is principal of Billingsgate Seafood Training School. Go to seafoodtraining.org

Sweet treats with SW19 inspiration



Jamie Dobbin's strawberry and lemon tennis ball

CANARY WHARF

Head chef Jamie Dobbin has turned ball-boy for the summer as he whips up tennis-themed desserts. One Canada Square is offering two limited edition Wimbledon specials, until the tournament ends on July 6.

First service comes in the form of a strawberry and lemon tennis ball (£6.50) that could have just rolled off a grassy court. A white chocolate sphere is filled with strawberry and lemon balm ice cream. It's then decorated with desiccated coconut and green tea and served with a hot chocolate sauce.

If that fails to land on a line, second serve has been dubbed the Grand Slam Summer Cup (£9.50).

Inspired by strawberries and cream, the cocktail is an SW19 take on the venue's Chase's Summer Fruit Cup but this time with gin, cranberry juice and strawberry puree topped with a decadent dose of double cream and garnish of strawberry wedges. The specials are available at some other ETM restaurants. Go to onecanadasquarerestaurant.com.

Beth Allcock



The Grand Slam Summer Cup, £9.50

PEARSON ROOM Free dessert with Pimms

★ Get into London's Wimbledon spirit without leaving Canary Wharf. The Pearson Room restaurant, next to Reebok Sports Club, is offering a free bowl of strawberries and cream with every jug of Pimm's ordered throughout the tournament. Go to thepearsonroom.co.uk.

GODIVA Chocolate dip strawbs

★ Add an indulgent twist to the tradition of Wimbledon strawberries at Godiva. The Jubilee Place Mall chocolatier has launched its Strawberry Festival in store, offering the fruits dipped in Belgian milk chocolate to order and collect. Call 020 7513 1150 to order.

LOVE VIEWING

★ If you've not bagged a ticket for Wimbledon's Centre Court this year, you can still get all the action at a variety of venues on the Wharf and further afield.

■ **Tennis Village**, Wood Wharf
The E14 space is aiming to mimic the atmosphere of SW19's Murray Mound, with a big screen showcasing action from the second week of the tournament. June 30-July 6, 10am until 10pm

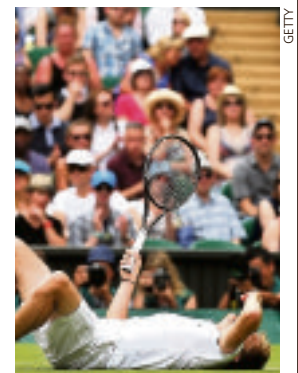
■ **Summer Screens**, Canada Square Park
Grab a blanket and picnic and pitch up at the heart of E14 for a fortnight of tennis action. June 23-July 6, canarywharf.com

■ **Tom's Kitchen**, Westferry Circus
Major matches at Wimbledon will be screened in the bar, alongside themed cocktails, drinks and strawberries and cream.

Various dates, tomskitchen.co.uk

■ **Plateau**, Canada Place.
The eatery's Nyetimber Garden Terrace will be full of tennis fever as screens showcase key contests, while waiters will be on-hand to serve up strawberry desserts and sparkling wine. Until July 5, plateau-restaurant.co.uk

■ **The Parlour**, Canada Square Park
Despite being close to the Wharf's big screens, The Parlour is hosting its own tennis party with big televisions and a pair of special packages. A seafood board, jug of Pimm's and strawberries and cream for four costs £49.95 or opt for the £75 Summer in the Pink package with a magnum of sparkling rose, seafood platter and a selection of breads. Offers until August 31, theparlourbar.co.uk



GETTY

If you can't make it to Centre Court, above, try these instead

FURTHER AFIELD

■ **Great British Summer Screens**, Central London
Retro caravans will play out the sporting action for free from a variety of picnic spots across London. Wapping's Thomas More Square, in St Katharine Dock, will be one of the venues showcasing the action, as well as New Street Square, the roof terrace at One New Change and Cardinal Place. June 23-July 6, noon-10pm, greatbritishsummer14.com.



BOOK YOUR SPACE AT THE ALFRESCO BAR FOR THIS YEAR'S WORLD CUP. PARTIES OF 10 PERSONS WILL RECEIVE A COMPLIMENTARY ANTIPASTO FREDDO AND A COMPLIMENTARY ANTIPASTO CALDO

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Canary Wharf,
London E14 4QA
0207 513 0288





STILL TO COME

Embrace white and silver for the Wimbledon season
Fashion / Page 55



Hiren Patel was inspired after watching Andy Murray win Wimbledon last year

Bar's specials are smashing treats

Chow down on some tennis tucker in Westferry while watching the matches, writes **Beth Allcock**

Special foodie treats will be on offer at the Wharf's newest bar and restaurant during Wimbledon all thanks to Andy Murray's victory last year.

Owner of Westferry's 28 West Bar And Grill Hiren Patel said: "I love tennis – I only started watching it last year for the Andy Murray game and I really enjoyed it, so I wanted to do something this year."

"I thought, 'Why not – it's a summer event, it's a summer of sport' and it's a nice place to do it here by the river."

So in celebration Hiren, who also owns The Greenwich Tavern south of the river, has asked his Canary Riverside staff to design some dishes and drinks as fitting accompaniments to the thwack of racket on ball.

Until July 6, a special main, dessert and two cocktails will grace the menu at the venue, which opened earlier this year.

Sadly the Serve And Turf, which features steak and a half tail of lobster with confit tomatoes, shallots and garlic, was unavailable.

But I did sample the rest of the, as yet nameless, tennis-themed treats to see what Wharfers are letting themselves in for:

SWEET SERVE

The special dessert is a Wimbledon take on a classic Eton Mess using fresh strawberries, strawberry puree, meringue nests, elderflower and chantilly cream.

It's pudding perfection – game, set and match. The glass is vast so there's plenty to tuck into, and the freshness of the fruit really shines through. The crunchy meringue is left suitably chunky rendering it oh so moreish.

★★★★☆

COURT CANDY

First up on the cocktail front is a strawberries and cream creation featuring Morgan Spiced Rum and coconut syrup. You'll need a tooth sweeter than candy cute Maria Sharapova, but if you possess one, this serves an ace in the taste stakes.



28 West's Eton Mess-inspired dessert

The booze is balanced by the coconut and strawberry collaboration so well you might forget it's alcoholic.

★★★★☆

FOREHAND FRESH

Next is a blend of rose lemonade and Adnam's gin with raspberry and strawberry puree. It's the best thing on the menu and captures the summer in a glass.

Light, fresh tastes combine in the deep crimson of its depths to deliver an elegant and inviting drink. It's so good, you might struggle to keep your eyes on the court.

★★★★☆

■ The cocktails will be available for £5 each during the daily 5-8pm happy hour (£7.50 at other times). Other prices are to be confirmed.

Wimbledon matches will be screened alongside World Cup coverage at the venue. Special tennis parties will be held on July 3 and 6.

Go to 28-west.co.uk for more details



Don't settle for bog standard Pimm's this Wimbledon

Giving your Pimm's a twist

★ With Wimbledon filling the airwaves across the capital, why not take the sporting action into the kitchen this summer.

Pimm's is generally regarded as the perfect doubles partner for SW19 action and its preparation requires a much less effort than learning to serve at 100mph serve.

For a few off piste ideas the brand has released some recipes and all the ingredients are available in the Canary Wharf branch of Waitrose:

SOFA SIPPER

Having friends round to watch a match at home? Then raise a toast to the British number

one with a Pimm's **Murray Mule**. Mix one part Pimm's No.1 with three parts ginger beer. Add a jot of citrus with a squeeze of lime and top with a sprig of mint.

CELEBRATE CUP

One for finals day – SW19's answer to Eton Mess, the **Pimmbledon Mess** is perfect for those with a sweeter tooth.

Fill a cocktail shaker with cubed ice and add 50ml Pimm's Blackberry & Elderflower, 10ml Grand Marnier, a splash of double cream and four tablespoons of strawberry puree. Shake well and serve in a chilled martini glass.

For an opulent finish, shave chocolate to garnish and serve with a punnet of fresh summer berries.

BUBBLE BALLS

Indulge in a celebratory serve that pairs two favourites – Pimm's and strawberries – and try the **Pimm's Royale**.

Pour 25ml of Pimm's No.1 into a flute, top with Prosecco – or, if you're going all out, genuine Champagne.

Garnish with a strawberry and enjoy tucking into the rest of the punnet as you sip and watch the game.

Go to waitrose.com or anyoneforpimms.com.

Beth Allcock

28WEST Bar&Grill

SUMMER OF SPORT

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Sunday 6th July 2014

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28 Westferry Circus, E14 8RR

The Wharf the **Wharf** events for Tommy's Tommy's

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Dirty Dancing



night at the Radisson



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this includes entry, plus food and
private screening of the film
****£10** from every ticket goes
to Tommy's

FRIDAY OCTOBER 31ST

Halloween Ball*

sponsored by

MADISON BROOK

to be held at the Radisson



Tickets are **£15.00**
if in fancy dress
£20.00 if you are not

*All money raised will go to Tommy's

For More information about any of the above events or to book tickets please contact Daisy
Lewis 0207 293 2272 or email daisy.Lewis@trinitymirror.com

Fashion

LINKS OF LONDON
Wimbledon mini
cross racket charm, £35
Cabot Place Mall
linksoflondon.com



MEN'S DOUBLES



BURTON
Shoe, £38
Westfield Stratford City
burton.co.uk

LINKS OF LONDON
Cufflinks, £130
Cabot Place Mall
linksoflondon.com



M&S
Best of British white shirt, £99
Westfield Stratford City
marksandspencer.com

M&S
Mac, £249
Shirt, £99
Trousers, £99
Westfield
Stratford City
marksand
spencer.com



JOHN LEWIS
Adidas Adizero
tennis T-shirt, £37
Canada Place Mall
johnlewis.com

M&S
Mens sports socks, £8
Westfield Stratford City
marksandspencer.com



SWEATY BETTY
Match play tennis
skort, £60
Cabot Place Mall
sweatybetty.com

JOHN LEWIS
Adidas wristbands, £5
Canada Place Mall
johnlewis.com



JOHN LEWIS
Nike pleated knit skirt, £33
Canada Place Mall
johnlewis.com



M&S
Blue Harbour white
polo, £19.50
Westfield Stratford City
marksandspencer.com

JOHN LEWIS
Stella McCartney
Barricade tennis
dress, £80
Canada Place Mall
johnlewis.com



LADIES' SINGLES

DUNE
Ewire white
bag, £65
Cabot Place Mall
dunelondon.com



DOROTHY PERKINS
Closet ivory jacquard flare dress, £52
Canada Place Mall
closetclothing.co.uk



MISS SELFREDGE
Heeled lace
shoe, £35
Westfield
Stratford City
marksand
spencer.com

M&S
Trenchcoat with
belt, £249
Westfield
Stratford City
marksand
spencer.com



WHITE HOT

Tennis fever's here
so **Beth Allcock** has
been to the malls

Health



Want to play like a pro? Then be prepared to put some gym time in to make sure your body is up to the rigours of the game

Getting racket ready before hitting the lines

TRAINING



Our fitness guru **Laura Williams**

offers tips for tennis enthusiasts

Inspired by Wimbledon and want to improve your court performance? Then switch up your existing gym routine to get racket ready.

■ Improve your upper body and arm strength

Try wrist and forearm curls – sit on a bench and hold a barbell or two dumbbells with both hands positioned palms-up and shoulder-width apart with elbows on thighs, wrists just above knees.

Flex wrists by curling them upwards before slowly lowering to starting position. Do 10 reps.

Next have a bash at the alternate dumbbell chest press – lie face-up on a Swiss ball with head and shoulders on the ball ensuring head, shoulders, hips and knees form a straight line. Holding a dumbbell in each hand, wrist facing forward, bend elbows out to the side so the weights are lightly resting on outer chest.

Extend left arm straight above avoiding locking the elbow before slowly lowering back to starting position. Do 30 reps total.

■ Improve your lower body strength

Single leg squats are great – extend your arms straight out in front of you then, balancing on your left foot with right leg extended in front of you about 45 degrees from the floor, bend your left knee and slowly lower your body until your right heel lightly touches the floor, making sure your left knee doesn't come over your toes. Aim for 15 reps each leg.



Walking lunge fan: Andy Murray

Then ape Andy Murray with a walking lunge – hold a dumbbell in each hand and take a controlled step forward with your left leg.

Lower hips towards the floor bending both knees to 90 degree angles. Push off with the heel of your left foot and ball of your right foot bringing it forward to starting position, before repeating with the right leg. Perform for 1 minute.

■ You'll also need a rock solid core on court

For this, a Russian twist is ideal – sit on the floor, knees bent and feet flat, holding a medicine ball or dumbbell with both hands in front of your chest.

Lean back slightly lifting feet a few inches off the floor. Tensing your abs, rotate your upper body from side to side, tapping the weight on the floor beside you each time, or as close to the floor as you can manage. Do a total of 20 reps.

Then try the medicine ball slam – stand with feet shoulder-width apart holding a weighted ball overhead with elbows slightly bent and slam the ball down to the floor. Squat down to pick up the ball, bring it back overhead and repeat. Do 20 reps total.

Remember you'll need cardio fitness too so some cross training or jogging will pay dividends on court. Go to laurawilliams.com.

Court a svelte body with gym's sessions

Q&A

Tennis pro tells us why you don't even need to buy a racket to get involved

Beth Allcock
@wharf.co.uk

Virgin Active Canary Riverside now boasts a refurbished outdoor tennis court for members.

As a result Gary Stewart, the brand's UK head of racket sports, has his sights set on rolling out Virgin's tennis programme to E14 within the next year.

But whether you're a gym member or not, the 43-year-old says there are many ways to make like Andy Murray this season and embrace Wimbledon fever with wide health and fitness benefits. Here he runs through love, serve and volley with us.

■ I'm a complete beginner and have not even set foot on a tennis court before – help.

Cardio Tennis is a great way to get into the sport and you don't have to be a great player.

It's a Virgin Active group exercise tennis class to music and you can burn over 600 calories in an hour.

It is for all abilities, uses rackets and is tennis related but its strapline is "no skill required" so you don't even have to be able to hit a ball to join.

It's ideal preparation and cheap – people think tennis is expensive to get into but we'll even lend you a racket if you don't have one.

■ Anything else for beginners?

There's a Tennis Express five-week course too, designed for people to learn the game of tennis at a basic level.

■ What tips do you have to help me get on court in the lush surroundings of a London park?

The biggest problem is finding someone to play with of a similar level.



All seasons: Gary says tennis can be played from the age of three to 93

QUICK QUESTIONS

Virgin Active's UK head of racket sports Gary Stewart
What's your preferred playing surface?

Hard courts or grass.

The shot you find trickiest to pull off?

The return of serve, only because I don't play as much as I used to.

Will you be watching Wimbledon this year, and from where?

Yes, I'm privileged to be a member of Wimbledon, so I will definitely be going on finals day.

Who's going to win the ladies singles?

It's tough to look further than Serena Williams.

And for the men?

It could be one of three or four – Andy Murray, Novak Djokovic or maybe Roger Federer.

We have got the facilities across the UK, so I don't think finding a court is the issue. The issue is when you go somewhere, is there a beginners' programme where the tennis coach of the club can direct you as a member to the right class with the right level of players.

When they do that and you have a great experience, you're more likely to stay in the sport.

It's still the fact in tennis you can play from three to 93 – although you might slow down a bit.

It's a summer sport and a great sport but you need to get people to try it in the right environment – so try to find somewhere that has a tennis programme with a tennis professional.

■ What sporting skills do I need?

You certainly need to have hand-eye coordination. If you don't, it's going to be difficult to get to play the sport at a higher level.

If you can't throw and catch, that's a tough starting point. It doesn't mean you can't play but your progression is going to be slower than someone who has already got that co-ordination.

■ For members at Virgin Active Canary Riverside already on point with their shots, how can they improve too?

They can have individual private lessons with a coach or book a court and play with people their own standard.

■ Will I see fitness benefits from a session on the court?

Tennis is a great sport for general fitness. High Intensity Interval Training is the new way to train from a fitness perspective and tennis is very explosive, which fits in well with that model.

It's generally cardiovascular fitness because you're running around the court but you're going to need to have good core strength too – it's a general fitness workout.

When I play tennis, I regularly burn 1,300 calories in an hour and a half at my level and my girlfriend, who's an improver, can play for an hour and burn 400 calories.

Go to virginactive.co.uk for more information.



Centre Court at Wimbledon is being prepared for the grand slam event of the summer – will you be physically ready for it?

TENNIS TUESDAYS**Calling ball girls**

★ The Lawn Tennis Association and Nike have launched female-only Tennis Tuesdays, in a bid to encourage more women into the sport.

The pop-up is aimed at stopping the growing gender gap in sport, after it was found that 1.9million fewer women than men participate in sport once a week.

The campaign will run for 19 weeks, offering informal coaching, weekly themed sessions and fun match play.

The sessions will act as a pilot for running a campaign nationwide in 2015.

Tennis Tuesdays will be available across a number of London locations including Hackney and Southwark. Go to tennistuesdays.co.uk for more information.

TENNIS VILLAGE**Show your skills**

★ So you're armed with top tennis tips, why not showcase your skills in Wood Wharf?

As Wimbledon begins its second week, the first Tennis Village of its kind in the capital will arrive in E14.

And as well as a big screen, there are activities including mini tennis, a fastest serve competition and table tennis – as well as tennis merchandise to ensure you're kitted out correctly. The event runs from June 30-July 6. Go to tennisvillagefanpark.com.

CRUSSH**Go strawberry mad**

★ Give a health-conscious nod to this year's Wimbledon festivities – instead of the boozy celebrations – at Crussh.

The juice bar in Jubilee and Canada Place malls has the berry-tastic Strawberry Cool smoothie freshening up its menu, a calorie conscious treat also crammed with banana, orange juice, and 98% fat free probiotic yoghurt.

A regular size smoothie, which is suitable for vegetarians and those with gluten intolerances, costs £3.15. Go to crussh.com.

**PURE SPORTS MEDICINE****Sort your elbow**

★ If persistent issues with an elbow tendon are keeping you on the sidelines, an expert visit at Pure Sports Medicine could help.

The centre, in Cabot Place, is welcoming world-renowned Swedish specialist Professor Hakan Alfredson for appointments on July 1. He can also offer advice on unresolved problems with achilles and patella.

Call his PA Joanne Beaseley on 020 3595 1232 or email joanne.beaseley@puresportsmed.com for bookings.



Unlock your inner tennis star for free at London venues, right

GETTY

FREE PLAY

★ Fancy playing for **FREE**? This is a list of places in and around Docklands that offer gratis courts, so there's no reason not to get working on your backhand in preparation for Wimbledon 2015:

■ **Tower Hamlets Tennis**
Poplar

Junction of Cambridge Heath Road and Malcolm Place, Tower Hamlets, London, E2 9PA, 020 7193 8933, towerhamletstennis.org.uk.

■ **Tower Hamlets Tennis**
King Edward Memorial Park Glamis Road, Off The Highway, London, E1W 3EG, 020 7193 8933, towerhamletstennis.org.uk.

■ **Love Tennis Academy**
Canning Town Recreation Ground, Prince Regent Lane, London, E16 3JP, 07968 898 709, lta.org.uk/allplaytennis.

■ **Greenwich Park Tennis Centre**
Greenwich
Greenwich Royal Park, London, SE10 8QY, 020 8293 0276, playtennis.co.uk.

■ **Tower Hamlets Tennis**
Bethnal Green
Cambridge Heath Road, London, E2 0EL, 020 7193 8933, towerhamletstennis.org.uk.

■ **Royal Victoria Gardens**
North Woolwich
Pier Road, off Albert Road, E16 Newham Borough Council Just turn up and play

■ **Open Door Tennis**
Blackheath High School Sports Field Kidbrooke Grove, London, SE3 0DX, 07713 778 446, uptownexperience.co.uk. Go to lta.org.uk for more venues.

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Full profiles for Suki – and all other members of the Bluebell Team are available on www.bluebelldp.co.uk



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To **Reply** to members from your landline call:
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Have the adverts 6-digit box no written down and do **key-it-in promptly** when asked. Don't forget to leave contact details for replies.

To **Reply** to members from your mobile call **68118**
calls cost £1.50 per minute plus network charges

Or **Text.. REPLY1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098** eg: **REPLY1 123456 hi get in touch...** then send to **80098** Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message?
Pickup your replies on:

0906 500 3731

calls cost £1.53 per min

PLUS you can also listen to other members greetings on this number.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&S BELOW)

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

JEWISH woman, 60's, WLTM Jewish man, 60's for all good things in life. Tel No: 0906 500 3729 Box No: 412763

LESLEY intelligent attractive slim female, enthusiastic, loves life, interests, looking good and keeping fit, seeks similar passionate Mr Wonderful. Tel No: 0906 500 3729 Box No: 412323

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. ACA. Tel No: 0905 002 1959 Box 405297

LAUREN 24yr old petite blue eyed barmid, slim brunette, pretty, sporty, likes cosy nights in, WLTM caring well built easygoing male for meets, 30-45yrs. Tel No: 0906 500 3729 Box No: 412111

BECKY 38 size 10, big blue eyes, considered stunning, honest, fun and caring, looking for similar kind of person to enjoy fun times. Tel No: 0906 500 3729 Box No: 412593

SALLY, sensual slim blonde seeks no strings discreet man 35+ for daytime meetings. Tel No: 0905 002 1941 Box 402233

FEMALE N/S, seeking male to share and enjoy life with, 48-55. Bucks area. Tel No: 0906 500 3729 Box No: 412637

CHERYL 21yr old single mum of one, slim, attractive, long hair, seeking true honest male up to 40yrs to put some fun back into life. Single dad welcome. Tel No: 0906 500 3729 Box No: 412385

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

JANE bored 43yr old student with plenty of spare time, likes drinks out, walking my dog, swimming, looking for similar lonely companion, 38-50. Tel No: 0906 500 3729 Box No: 412357

WIDOW 70, lonely, seeking gent, 70-75 to bring a bit of sparkle back in life, likes theatre, cinema. Tel No: 0906 500 3729 Box No: 412475

CHRISTINA, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box 410127

ESSEX slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. Tel No: 0906 500 3729 Box No: 412479

CLARE 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. Tel No: 0906 500 3729 Box No: 412053

ANN 40's female looking for male for broadminded adult fun, no strings. Tel No: 0906 500 3729 Box No: 412369

CUSTOMER SUPPORT

Call 0207 720 7130 Monday - Friday 10am - 4pm or email us at support@jmediauk.co.uk

SAM, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1947 Box 408297

JANE 29yr old horsey female, loves the outdoors, cycling, as well as duvet days. WLTM not too serious male for a hopefully normal relationship. Tel No: 0906 500 3729 Box No: 412315

SUSIE, married, adventurous/dominant lady, 38yrs, seeks discreet man any age/area for no strings fun. Tel: 0905 002 1943 Box 412285

SHARON 32yrs and still soul searching for Mr Right, I enjoy keeping in shape, caring for people, seeking loving respectful guy who also knows a good time. Tel No: 0906 500 3729 Box No: 412049

WIDOW 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412101

ROMANTIC 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. Tel No: 0906 500 3729 Box No: 412063

FREYA 33 ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. Tel No: 0906 500 3729 Box No: 412045

MARILYN really nice curvy tactile female, loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. Tel No: 0906 500 3729 Box No: 411871

SARAH 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTM similar fun genuine guy. Tel No: 0906 500 3729 Box No: 411537

PLACE YOUR AD BY TEXT

SIMPLY TEXT: REG

followed by your
FIRST NAME,
DATE OF BIRTH,
AREA AND
YOUR ADVERT
(max 155 characters)
and **SEND to 80098**

FREE (Standard Network rates apply)

33YR old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy nights in and fun nights out. Tel No: 0906 500 3729 Box No: 411887

RITA divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. Tel No: 0906 500 3729 Box No: 411775

FEMALE seeking kind, caring gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411751

SANDY 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

MELANIE tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. Tel No: 0906 500 3729 Box No: 411509

60'S slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. Tel No: 0906 500 3729 Box No: 411813

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTM similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 411215

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! discretion assured. Tel No: 0906 500 3729 Box No: 411205

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

SUE optimistic divorced lady with OHAC, good guy, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wine, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

SARAH pretty petite green eyed female, lots of fun, likes children, animals, gym, eating out, running, sports, fast cars, shopping, seeking, nice guy to spend time with. Tel No: 0906 500 3729 Box No: 408879

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

FEMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

VANESSA 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc, WLTM my very special Mr Right. Tel No: 0906 500 3729 Box No: 409899

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings, and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

DAWN 38 dark hair/eyed medium built busty female who loves nights in/out, WLTM fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

TERRI 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

KAREN very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

ANNE happy go lucky lady who loves wining/dining, affectionate, honest, sincere and down to earth, looking for similar qualities in companion, if that's you pls call. Tel No: 0906 500 3729 Box No: 410291

SHARON young single mum slim, blue eyes, attractive, likes nights in/out, WLTM kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

LUCY Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

EASY going cuddly black lady, likes music, animals, seeks friendship, maybe more with nice male in 60's. Tel No: 0906 500 3729 Box No: 410451

FEMALE 62, widow, seeks male, 62-72, likes travel, tv, meals out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 410021

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO : 80098 (T&S BELOW)

5FT 11ins male, mid 70's, N/S, OHAC/teeth, likes swimming, diving, geology, gardening, may buy house in Barbados. Tel No: 0906 500 3729 Box No: 412747

45YR old male, intelligent, GSOH, looking for no strings fun. Tel No: 0906 500 3729 Box No: 412829

EASY going male, 61, 5ft 9ins, medium build, seeks attractive, feminine female for LTR. Tel No: 0906 500 3729 Box No: 412609

JON 22, looking for no strings fun with any female up to 35. Tel No: 0906 500 3729 Box No: 412607

ESSEX chap 61, 5ft 9ins, N/S, good company, retired, likes travel, animals, seeks slim, similar female for nice times. Tel No: 0906 500 3729 Box No: 412511

5FT 11ins male, 70's, OHAC/teeth, likes swimming, diving, geology, crop growing, buying house in Barbados. Tel No: 0906 500 3729 Box No: 412501

WEST Country male, trustworthy, kind, loving, HIV, seeking genuine, black, African lady for genuine LTR. Tel No: 0906 500 3729 Box No: 412691

36YR old male, seeking female for no strings fun. Tel No: 0906 500 3729 Box No: 411759

LLOYD 50, black, looking for female, 45-55 black/white, likes dining out and cinema. Tel No: 0906 500 3729 Box No: 411709

6FT 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

WARM hearted honest, kind Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 411617

UPSTANDING black gent, living by the code of born again Christian, 5ft 9ins, average build, seeking Christian female to socialise and possibly more. Tel No: 0906 500 3729 Box No: 411591

5FT 11ins male, average build, likes most things, outdoors, cinema, meals out, holidays, seeks positive female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411665



ASIAN gent 49, professional, GSOH, varied interests, seeks female, 25-49 for genuine friendship. Nationality unimportant. ACA. Tel No: 0906 500 3729 Box No: 411799

36YR old male, seeking female for no strings fun. Tel No: 0906 500 3729 Box No: 411759

LLOYD 50, black, looking for female, 45-55 black/white, likes dining out and cinema. Tel No: 0906 500 3729 Box No: 411709

6FT 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

WARM hearted honest, kind Indian gent, 60's, 5ft 6ins, medium build, N/S, clean, well dressed, seeks slim female, any age for relationship. Tel No: 0906 500 3729 Box No: 411617

UPSTANDING black gent, living by the code of born again Christian, 5ft 9ins, average build, seeking Christian female to socialise and possibly more. Tel No: 0906 500 3729 Box No: 411591

5FT 11ins male, average build, likes most things, outdoors, cinema, meals out, holidays, seeks positive female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411665

Men seeking men

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0906 500 3729 Box No: 412269

CHINESE male, 66, WLTM similar aged male, preferably Christian. Tel No: 0906 500 3729 Box No: 411277

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

WHITE male, 62, medium build, own apartment, clean living, seeks clean shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accom. Tel No: 0906 500 3729 Box No: 408323

Friends

FEMALE seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

Adult Interests

CALL NOW to talk to like minded people 0906 500 3894 (T&S below)

TEXT: CHAT1
TO: 80098
START CHATTING TODAY!

*TEXT: 80098 Cost £1.50/msg received, for full t&cs see below

Community

WAPPING

Farmers' market targets foodies

EAST London foodies will have a new hotspot to pursue their passion this weekend, as an award-winning produce market arrives in Wapping.

The team behind south east London's Brockley Market will set up stalls at Brussels Wharf, in Wapping Wall, this Sunday (June 29) from 10am until 2pm.

The weekly event will showcase produce from farmers and traders including Perry Court Farm and Nathan At The Butchery as well as street food outlets such as Mother Flipper.

Market founder Toby Allen said: "It's clear that people want more personal interaction with farmers and producers so they can learn where their food comes from, to have a connection."

Go to wappingmarket.com.

CANNING TOWN

Catholics remember London dock strike

The East London Catholic community came together this week to commemorate the 125th anniversary of the Great London Dock Strike at a conference, organised by Caritas Anchor House.

The strike saw around 130,000 dock workers walk out over low wages and desperately poor working conditions, and marked the beginning of widespread trade unionism.

TOWER HAMLETS

Support for people with mental illness

A SUPPORT network for those caring for people with issues such as depression, bipolar disorder and schizophrenia has been launched in Tower Hamlets.

Rethink Mental Illness will help around 30 people a month giving them information and respite trips.

Manager Dan Towse said: "We advise them, for example, on eating healthily, going back to work and finding a life outside of being a carer."

Go to rethink.org.

POPLAR

Plan to transform car park for arts

ARTISTS are hoping their creative talent can transform a patch of Poplar.

Those behind Performance Space, are targeting a disused car park below houses on the Lansbury Housing Estate for a studio and exhibition complex.

A fundraising total of £27,000 by July 25 is needed for the work to be completed by September.

Paul Augarde, of Poplar HARCA, which is working alongside Performance Space said: "Their vision to transform these disused garages into a home for innovative art, which embraces its community, is exciting."

Go to spacehive.com/performancepoplar.

RHYME TIME

CREATIVITY came to the fore as youngsters on the Isle of Dogs teamed up to pen a literary anthology.

This year marked the fourth partnership between George Green's School, charity First Story and poet Laura Dockrill.

Pupils worked with the poet to produce *Words at the Manchester Road* secondary last week.

English teacher Lucy Preston said: "The launch was magical. The students were utterly amazing and the feedback from the audience was incredible."

"It was such a pleasure to hear the students read their writing aloud and there are some talented writers at George Green's."

The book will now be sold on Amazon for £9.95.



Plan travel ahead to allow for Tour

TRANSPORT

Road closures likely as grand spectacle comes to boroughs

Rob.Virtue
@wharf.co.uk

ROAD closures affecting east London during the Tour de France have been announced by Transport for London.

The spectacular event on Monday, July 7, will see cyclists race along streets from the Olympic Park, around Canary Wharf and St Katharine Docks, and on their way to central London.

Closures in Tower Hamlets include the A1261 Aspen Way and the A1203 Limehouse Link/The Highway past Poplar, Shadwell and Wapping.

In Newham, Stratford High Street, West Ham Lane and Prince Regent Lane are among roads affected.

The closures will take place between 10am and 6pm. TfL is urging people to plan ahead as the surrounding streets will also be very busy.

Tower Bridge, Southwark Bridge and Westminster Bridge will be shut

for much of the day. However, TfL has said east London is still "well and truly open for business" and is encouraging people to come out and watch the event along the route.

Garrett Emmerson, chief operating officer for Surface Transport at TfL, said: "We've been working long and hard to plan for the return of the Tour to the capital and now we are asking Londoners to start their planning too."

"We will keep the capital moving, and roads around the race route will, of course, be extremely busy."

"So we're asking people to plan ahead and preferably use public transport to make the most of what I'm sure will be an amazing day, helping to cement London's growing reputation as a major cycling city and encourage more Londoners to travel by bike."

As well as road closures, bus routes including 15, 25, 100, 108, 277, 339, D3 and D8 will be affected and many stops relocated or suspended.

Most routes in Newham will also face changes and drivers can expect considerable disruption.

Fans are also being encouraged to attend the TfL spectator hub at the Queen Elizabeth Olympic Park from July 4-7.

Go to tfl.gov.uk/tourdefrance.

BRIEFLY

■ The London Docklands Singers will deliver their 2014 Summer Concert, *A Night At The Proms* this Saturday at All Saints Church, Poplar. Go to ldsnightsattheproms2014.bpt.me.

■ Beckton ward councillor Alec Kellaway, a mayoral adviser for finance on Newham council and member of the London City Airport consultative committee has died, aged 61.



■ More than 12,500 runners took part in the first ever Vitality Run Hackney Half Marathon. Supporters lined the streets, cheering, waving flags and hoisting banners.

■ The Rotaract Club of Canary Wharf is launching a "recipe and spice sample booklet" of favourite dishes called *Bites Of London* to raise money for homeless charities. The book will be launched at event tomorrow (Friday) and is available online at thebitesoflondon.wix.com/rotaract

ISLE OF DOGS

Go-ahead for third arm of free school

CANARY Wharf College has been given the go-ahead to open the third arm of its school.

The Isle of Dogs establishment was one of 38 free schools approved by the Secretary of State last week, with 17 of these falling in the capital.

This means an extra 11,000 places will be generated throughout London, with the new facilities set up by parents, teachers and charities.

Earlier this year Sarah Counter,

principal at Canary Wharf College, told *The Wharf* the school was offering Tower Hamlets Council a "helping hand" in addressing the need for school places.



Sarah Counter

It will open the doors to Canary Wharf College Two this September, initially providing 40 reception places.

The third branch will offer a through-school for those aged four to 19 in 2015.

Education Secretary Michael Gove said: "Free schools are giving thousands of children from ordinary backgrounds the kind of education previously reserved for the rich and the lucky."

Beth Allcock

CANARY WHARF

Hospice urges mall visitors to go dotty

A CHILDREN'S hospice opened a pop-up vintage store in Canary Wharf for one day last week to mark the charity's Go Dotty for Demelza fundraiser.

Demelza Hospice Care for Children opened the store to encourage others to do something "dotty" to raise money and awareness for the charity.

Companies from across Canary Wharf also donated unwanted clothes to the charity. Go to demelza.org.uk.

TOWER HAMLETS

Festival culminates in free street party

A CULTURAL extravaganza will encompass an east London street for eight days of celebrations.

The free Roman Road Festival, starting on Sunday (June 29), will combine cinema, art displays and pizza making with spa sessions, DJ mixing and a monologue by local playwright, Simon Stephens.

Events will be staged inside shops and businesses in the E2 area and culminate in a street party on July 6.

The project has been supported by the Tower Hamlets mayor's new Local Community Ward Forums.

Tower Hamlets Mayor Lutfur Rahman said: "We launched these forums to give our residents a chance to celebrate our diverse communities. This festival is the perfect example."

Go to romanroadlondon.com/festival.



ART ATTACK

CONTRASTING artworks created by Poplar students will be showcased in Gallery@Half Moon from the end of this month.

In *The Minds @ LPS* features pieces from GCSE students from Langdon Park Secondary School focusing on artists with mental health issues. Pieces from Year Seven pupils will focus on the trend of the selfie.

Using recyclable materials, another group of students have created work in response to the question "what is sculpture?", while others have unpacked and explored the medium of shadow puppetry. Go to halfmoon.org.uk.

LondonEYE



NEIL HALL



ICE QUEEN Ahead of Wimbledon Russian tennis player Maria Sharapova promotes her Sugarpova candy range at Pinkberry in Selfridges, London, last week.

STEVE PARSONS



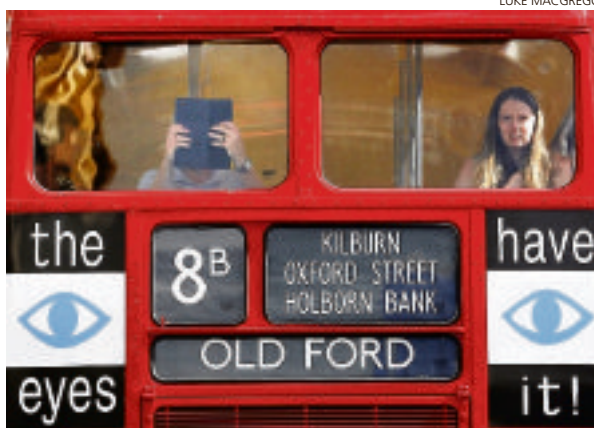
VISITORS BOOK The Queen signs the visitors book for the new Terminal 2: The Queen's Terminal at Heathrow Airport on Monday.

LUKE MACGREGOR



CUTTING REMARKS People march during an anti-austerity rally after it departed from the BBC offices in London on Saturday and ended at Trafalgar Square

LUKE MACGREGOR



ALL ABOARD

People sit in an old Routemaster during the Bus Cavalcade on Regent Street in London. A number of vehicles from the last 100 years were on display to celebrate the Year Of The Bus, marking a century since the world's first mass-produced bus and 60 years since the creation of the Routemaster.

NEIL HALL



SEE NO EVIL

England football fans react at a bar in London as their team plays – and loses – against Uruguay during the 2014 World Cup. The defeat sent England home.

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Are you really remembering the past as it was or are you looking through rose coloured spectacles? We both know you need to focus on present, Aquarius.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Something that you have not been enjoying transforms itself into a constructive process and you find yourself pleased you got stuck in.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

There seems to be a lot of clutter in your life this month, be it possessions or people. You need to step back and reassess what and who is important.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

The signs are telling you to proceed with what is on offer and yet you're still feeling trepidation and holding back. Use today to get your heart straight.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Let the hopes and dreams the stars are showing you inspire you to reach for greater things. New attractions make you rethink what you want.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Don't destroy your now by worrying about tomorrow. Live in the present and you'll soon start to feel yourself smile and your shoulders relax, Cancer.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

You're feeling guilty or upset about something that has happened, but you were not in control. Seek out those you want to talk to who are involved.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

It is a long road you've been walking down, yet you still seem no clearer as to when the end will be in sight. Sooner than you think so be prepared.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Listen to your inner voice today, it will not let you down. Conversations with family reveal support in places you hadn't counted on. A new life begins.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Yesterday didn't really go the way you had planned, did it Scorpio? Try again today though, as aspects suggest faces who said no, will say yes this time.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Stop trying to show off and impress people. It's the real you who can find the support you're after. Small trips you make for close ones help you discover this.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

It almost seems as if you're refusing to think things through. Is it the fear that you'll have to make a major change? Well, that's already imminent.

Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend?

We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

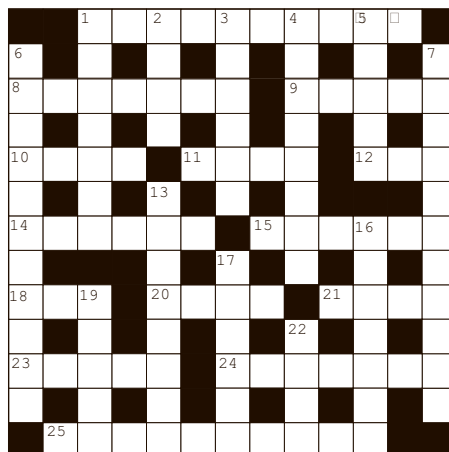
To be in with a chance of

winning, just tell us the name of this actor who used to race around the streets of Miami and now stars in Cold In July.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is July 3. Include your name and address.



Crossword



ACROSS

1. Whirlybird (10)
8. Search thoroughly (7)
9. Golf term (5)
10. Ventilates (4)
11. Leg part (4)
12. Fish eggs (3)
14. Picnic basket (6)
15. Provoke to fury (6)
18. Chafe (3)
20. Badly off (4)
21. Travel permit (4)
23. Employment (5)
24. Women's tall hairstyle (7)
25. Hostile (10)

DOWN

1. Dull or monotonous (7)
2. Unauthorised disclosure (4)
3. Day nursery (6)
4. With child (8)
5. Keen (5)
6. Involving betrayal or deception (11)
7. Slows down (11)
13. 366 days (4,4)
16. Competence (7)
17. Twofold (6)
19. Muscular strength (5)
22. Take notice of (4)

ACROSS: 1. Humdrum; 2. Leak; 3. Creche; 4. Pregnant; 5. Eager; 6. Treacherous; 7. Decelerates; 8. Rub; 9. Enrage; 10. Airt; 11. Shiny; 12. Roe; 13. Leap year; 14. Hamper; 15. Enrage; 16. Poor; 17. Visa; 18. Rub; 19. Broom; 20. Badly off; 21. Travel; 22. Unfriendly; 23. Employment; 24. Women's tall hairstyle; 25. Hostile.

Sudoku

EASY

2	3	9	7	6	4		8	5
7	5		1				4	2
6		4	8	2	5		9	7
1		7			8	2		9
3		6	2			7	1	
	2		4	7	1		6	
	9		3		6	4		1
8		1	5	4	2	9	3	6
	6						2	8

HARD

		3				6		
	8				6			4
	7				4		3	2
5			3	9				
	4		5		2			
9							1	
7	9							
8		6		4				3
			9					7

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

the **Wharf** wharf.co.uk

To advertise call **Karen** on 020 7510 6055

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FOOTBALL

Sam goes the extra mile to sign Kouyate



Cheikhou Kouyate, left

Rob.Virtue
@wharf.co.uk

SAM Allardyce cut short his holiday to snap up Cheikhou Kouyate from Belgian champions Anderlecht last week.

The 24-year-old, who has played five times for the Senegal national side, has signed a four-year deal after West Ham agreed an undisclosed fee for him.

Kouyate paid tribute to Hammers' boss Allardyce for his efforts in signing him.

"That I'm here now is thanks to the manager, because he went out of his way, leaving his holiday for me, so he has done everything he could for me to join the club," he said.

"He, my advisers and agents helped me make the right decision. As a kid I dreamed of playing in the Premier League and now it's here that my dream has been realised."

The 6ft 4ins defensive midfielder joins Argentine forward Mauro Zarate at West Ham as the club's second summer signing.

Teams study highlights of new season

WEST Ham entertain Tottenham, Charlton travel to Brentford and Millwall host Leeds, in the opening matches of the coming season.

After their first game on August 16, the Hammers have another London derby, travelling to Crystal Palace seven days later.

The Christmas period sees more London clashes. The Hammers travel to Chelsea on Boxing Day and then host Arsenal on December 28. They will round the season off at Alan Pardew's Newcastle on May 24.

After the Championship teams' curtain raisers on August 9, Charlton go on to their first home fixture the on August 16 against Wigan while The Lions head west to take on Fulham.

The Addicks meet the Lions on November 22 at The Valley, with the return match on April 4 during the Easter weekend. Charlton finish at home to Birmingham on May 2, while Millwall are away to Wolves.

Why I'll give the youngsters a go

FOOTBALL

New coach says thriving youth team played a big part in his decision to join

Rob.Virtue
@wharf.co.uk

Bob Peeters said the successful Charlton youth academy was one of the key motivators in his decision to join the south-east London side.

The new head coach, speaking at his first press conference for the Addicks on Monday, said he was keen to give the young players a chance.

And he's already earmarked 17-year-old centre back Joe Gomez, who has appeared for England U17s, for a role in the first team squad.

"The youth team was one of the main reasons I signed," said Peeters, who joined this summer from Belgian side Waasland-Beveren.

"In Belgium I gave a lot of young players a chance and they are regulars now. So here, I told Joe Gomez he can have pre-season with us because I want to see whether he can do the job."

"If I have a 16 or 17-year-old talented defender I need to give him an opportunity, which also triggers hope in the other players that they will get their shot."

The 40-year-old manager also hopes he can tie down fellow youth product Diego Poyet. He said Poyet, whose contract runs out this summer, had been offered a new deal.

"Diego is a very talented player," said Peeters. "We would like him to stay but it is up to him now. We've made him an offer."

Peeters said he hoped Poyet would be at the training ground when the squad returned for pre-season on Thursday.



Bob Peeters wants to secure Charlton youth product Diego Poyet long-term

Regarding players coming in, the Addicks have now signed FC Copenhagen striker Igor Vetokele and are bringing in Yoni Buysens on loan from Standard Liege for a year.

Peeters said: "Vetokele's a talented

player I know from Copenhagen while Buysens was one of the best midfielders in the Belgian league last year.

"He's got a great engine and can do a job in the Championship. That's key for me when bringing players in."

Peeters was joined by Charlton owner Roland Duchatelet and chairman Richard Murray for the press conference at The Valley. The bosses defended the decision to only give the head coach a one-year contract.

Duchatelet said: "It's just a difference in culture. The one year deal is common in Belgium where it's looked at year by year."

Murray said too much might have been read into it. "We were told David Moyes had a six-year contract at Manchester United yet got just a one year pay-off," he said.

"And Alan Pardew has an eight year contract, but does anyone really think he would get eight years' worth of money if he left?"

Defender Michael Morrison, 26, signed a new two-year contract with Charlton on Tuesday.



Joe Gomez, No.5 for England U17s, will get his chance under Peeters

WEEKEND FLUTTER

WITH THE
RACING POST

RACING

■ The flat racing spotlight moves to the Irish Derby at the Curragh on Saturday. The race looks to pit the first and second past the post at Epsom in the shape of Australia and Kingston Hill. With rain forecast over the coming days, the latter is your best bet.

Joe Pollak

FOOTBALL

■ The World Cup has been full of goals and great football but hosts Brazil have not quite hit the heights. Striker Neymar has been excellent but he is carrying an average team and they could be up against it when they face Chile. Bet on them to get to the quarter-finals.

Ian Wilkerson

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

Sandwich consumed by tasty Blackheath

CRICKET Blackheath cemented their place at the top of the Kent Premier League on Saturday with a victory over Sandwich Town.

A 153-run partnership between Charlie Speller and Calum Haggett put the south-east Londoners in the driving seat as they reached 275-9 in 55 overs.

Sandwich fell to an 88-run defeat with four overs to spare. Blackheath's Tanweer Sikandar took four wickets for 45 runs during the match.

the Wharf LEAGUE

RESULTS

DIVISION ONE

Manny Omoiyimi	10
Context Penetrators	2
Efan Ekoku's Elite	14
Sub Standard Liege	7
Camden Pathway	17
Athletic Pasty	8
Fire Breathing Kittens ●	20
Salmon FC	6
Reggae Allstars	6
Abou	17

DIVISION TWO

Newport Dodgers	3
Rusty Trumpet	7
Real Moro	5
Canary Wolves ●	21
Smack My Pitch Up	12
Bayer Neverlusen	10
FC Hangover	15
FC Poor Toe	14
Prospect Aware	0
Not So Athletic	10

Last games on June 18.
● = Current league leaders.
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